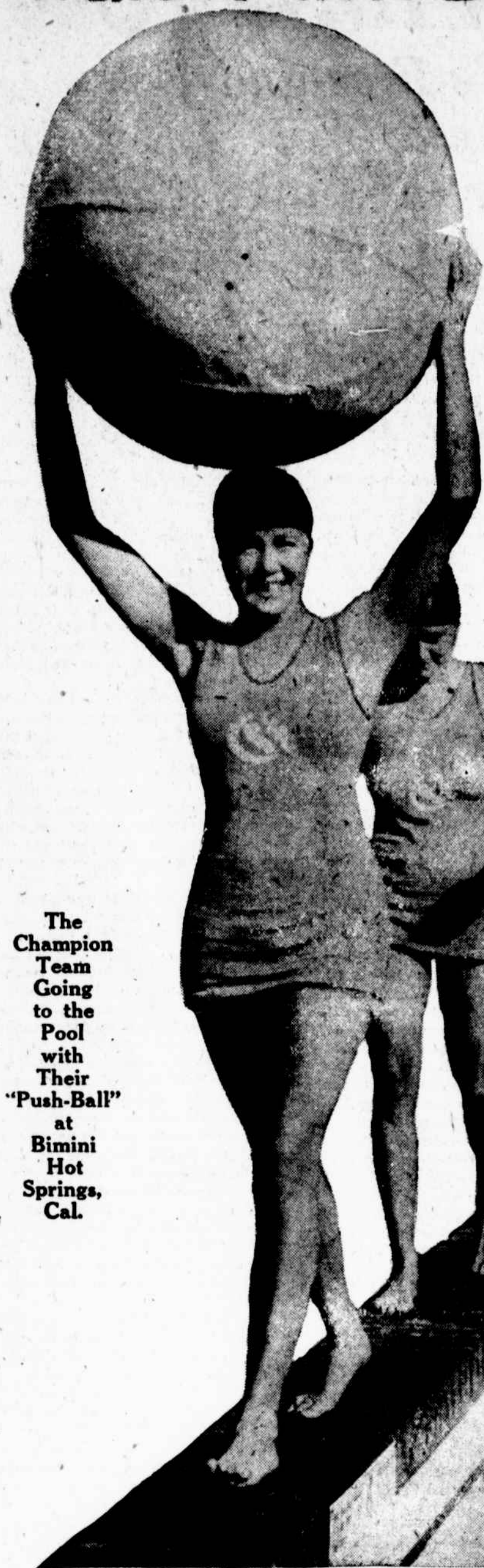


Water Push-Ball the New Mid-Winter Sport for Girls

How to Build Up Health, Vigorous Muscles and Beauty by Pushing and Splashing a Three-Foot Ball Towards a Watery Goal



The Champion Team Going to the Pool with Their "Push-Ball" at Bimini Hot Springs, Cal.



An Exciting Moment in a Water "Push-Ball" Match.



Girl Playing Water Polo, an Even More Strenuous Game Than "Push-Ball."



A Team of Enthusiastic Girls Enjoying a Lively Game of Water Polo.



Waiting for the Game to Begin.

AN exciting new game for women is water "push ball," which was introduced to the public by a fast team the other day at Bimini Hot Springs, Cal., and is now being played all over the country.

Water push ball promises to be the popular sport of the Winter at the swimming pools among the many clever girl swimmers who want a really exciting and strenuous game.

The girls who have played in the game declare it was the greatest fun they have ever enjoyed, and the spectators have been equally pleased with the exhibition.

The equipment for this sport consists of a simple one-piece bathing suit that will not interfere with active movement. There are six players on a side, and the game is divided into eight-minute periods.

The push ball is a light, inflated ball, three feet in diameter. The object of the game is to push this ball through a space between two upright poles at each end of the course. The players are divided into backs and forwards, very much as in a football game.

From the word "Go" the game consists of splashes and duckings. Lithe, graceful forms leap over the water like dolphins, and even try to rival the performances of the flying fish.

The big, light ball eludes every effort to grasp it firmly or push it hard. When the player tries to send the ball forward too hard she slips under it, and one of the opposing players, with a dexterous poke, may move it well toward the goal she is aiming at.

As the players try to move the ball they bump into one another, make wild splashes and create a great deal of fun. The rules do not permit one player to hold another too long more than half a minute, and under water more than half a minute, and an active pair of umpires is necessary to enforce this rule.

Water push ball is the newest of several

water sports that have been enthusiastically taken up by girls, and have helped greatly to increase their beauty, strength and symmetrical development.

Water polo is perhaps the liveliest of all these sports, but it has been found to be too rough and to put too great a strain on the endurance of many girls. Push ball comprises the pleasanter features of the game without its disadvantages.

A game called "soccer water polo" has been invented as a substitute for the old water polo, and this is being played enthusiastically by many girls.

"Soccer water polo" is played between two teams of seven players who are stationed as follows: Centre, right and left forwards, half, right and left backs, and goal tender. It is played both in pools and open water. The playing area is optional, but preferably a section of about 75 by 30 feet of water is selected.

Points are made by passing or throwing an inflated leather ball of the type and size of a basketball through an open space, ten feet wide and three feet high, marked at each end of the pool by uprights and cross-bars and termed "goal." The team having scored the greater number of points at the end of two seven-minute periods, divided by a five-minute intermission, is declared the winner.

Play is started by lining up the men in the water, each team back of its own goal line, then placing the ball in the centre of the pool, and at a signal from the referee letting the players sprint for it.

The game is quite orderly and scientific, as each player is required to watch a corresponding opponent. The two sides wear caps of distinguishing colors, which makes it easy for the spectators to follow the play and produces a pretty effect.

The tackling and breaking in the Rugby game provide the necessary practise for freeing one's self from a drowning person and then subduing him. A player has constantly to help an exhausted teammate to the bank, and in doing this the knack is acquired of carrying an exhausted swimmer ashore. The coaches, mindful of the water knockouts that may happen in the water, deem it essential to show every player how to revive an unconscious comrade, and this knowledge is the same that is needed in saving life.

Many people are fortunate enough to be in places where they can enjoy open-air water sports during the Winter.

Another new water sport for women popular at such places is "aquaplaning." A little raft is trailed after a motor boat by means of a rope, and a bather stands erect upon the raft, keeping her place by means of a rope. Then the launch is sent dashing away over the water. The raft follows along, skipping like a flat stone over the water, unless the rider meets a high wave or loses balance, when she gets a ducking.

Inch in diameter are bored at the forward corners, through which is run a strong rope.

This rope is fastened so as to make two loops—a short one to form the connecting link between the raft and the tow rope, and another, about four feet long, to be used as reins. The tow rope is hooked to the under side of the raft and the reins lead out from above.

It is really surprising the fascination that this new sport affords once one has given it a try. The tricky art of remaining upright when the raft is spinning along at a good speed comes from a certain amount of practice.

The weight must be placed well back toward the rear of the raft, so that it will lift the front out of the water and form a prow. If you place yourself too far forward the front end will dip under and you will dip under and receive a thorough ducking.

"Fish riding" is another novel water sport which is gaining in popularity at the Winter bathing resorts. The "sport fish" is built in the shape of a grotesque fish and is inflated with air when ready for action. It weighs only thirteen pounds, but will hold up a quarter-ton weight.

The "sport fish" was introduced to water lovers as a substitute for the Hawaiian surf board. The rider coming on the crest of the waves attains the terrific speed of fifty miles an hour. Any fault in balance means a plunge into the swim, and no one should try it who is not thoroughly at home swimming in the surf. It takes the cleverest kind of swimmer to become a successful "sport fish" rider. The artificial steed bucks like a broncho when a wave hits it.

Pretty Peggy Burke won the title of champion "sport fish" jockey of the Pacific coast in a contest with many of the finest men and women swimmers.

She rides the fish standing on her head or on her feet. She dives into a tank on the fish and she swims half a mile with it. "Surf riding" is perhaps the most exciting of all outdoor water sports attempted by women. It is an old amusement of the Hawaiians and has been taken up by the more daring swimmers on American beaches.

Surf riding is done on a long, narrow board, almost like the deck of a sailboat. The swimmer carries this out into the deep water beyond the bathing line, awaits a big comb and launches herself on it. The wave immediately shoots her forward and she is carried to the shore at tremendous speed.

The average surfer stretches out flat on the board in taking a wave and stays thus, but experts scorn this tame method. They will leap to a standing position on a racing plank and balance themselves thus until they reach the shore.

The game is risky, because occasionally a great roller will break suddenly and throw the rider downward, head foremost. If the water is shallow she may strike the bottom with an ugly thump, or she may become twisted up in an unpleasant manner. It is a sport which should only be attempted by a strong and fearless swimmer, who has already learned to swim through a good surf without losing her head.

The sport of swimming has made more progress, it is estimated, in the past ten years than in all its previous centuries of existence. A score of strokes have been

invented one after the other, each making for increased speed.

Among these strokes are the "trudgeon stroke," the "Australian crawl," the "steamboat loop-the-loop," the "propeller and torpedo" and other fast strokes.

In all these strokes the women are as proficient as the men.

The remarkable success won by women in long-distance contests have led to a belief that they are naturally better swimmers than men.

This view is supported by Dr. Dudley A. Sargent, physical director of Harvard University and one of the great experts of the country. "Woman by her natural build," he says, "is more able and better equipped for endurance swimming than man. Women do not train down so fine as men; consequently their blood is farther from the surface and less liable to be chilled so quickly. Where the strength of currents enters into endurance contests so much as they do in these long swims, women are better equipped to stand the cold. We get daily illustrations of this fact in our work in my own gymnasium."